

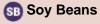
GB FB159 - Free From Gluten - Child Lunch - Standard - Week 2

Ratatouille with chickpeas and parsley rice Ingredlents:, Basmati Rice, Ratatouille (Courpette, Tomatoes, Green Pepper, Med Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomatoe, Court, Peas, Tomatoes, Chick Pepper, Parsley, Turmeric, Sally, Smoked Paprika, Curnin, Bay Leaves, Garlic, Ground Black Pepper Dessert Gluten & soya free Vegan cake Ingredients; Gluten Free Peasta (Comflour, Rice Flour, Soya Suec (Soybeans, Salt, Spirit Vinegar - Contains Soya), Garlic Gluten Free Peasta (Comflour, Rice Flour, Soya Suec, Garlics, Olive Oil, Gluten Free Peasta (Comflour, Rice Flour, Spauce, Olive Oil, Gluten Free Peasta (Comflour, Rice Flour, Spauce, Goybeans, Salt, Spirit Vinegar - Contains Soya), Garlic Gluten Free Peasta, Spirit Vinegar - Contains Soya), Garlic Gluten & soya free Vegan cake Ingredients; Gluten Free Peasta (Comflour, Rice Flour, Spauce, Goybeans, Salt, Spirit Vinegar - Contains Soya), Garlic Gluten & soya free Vegan cake Ingredients; Gluten Free Peasta, Spirit Vinegar - Contains Soya), Garlic Gluten & soya free Vegan cake Ingredients; Gluten Free Peasta, Spirit Vinegar - Contains Soya), Garlic Gluten & soya free Vegan cake Ingredients; Gluten Free Peasta, Spirit Vinegar - Contains Soya), Garlic Gluten & soya free Vegan cake Ingredients; Gluten Free Peasta, Comflour, Rice Flour		Monday	Tuesday	Wednesday	Thursday	Friday
cake cake Ingredients:, Apple, Peach, Ingredients:, Gluten Free Ingredients:, Gluten Free Flour, Apple, Peach, P	Main	and parsley rice Ingredients:, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme,	Ingredients:, Potatoes, Stewpack (Onion, Carrots, Turnip, Swede, Celery), Carrots, Onion, Beef Mince, Single Cream (Contains Milk), Butter (Contains: Milk), Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper	Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Chicken Breast, Olive Oil, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)	chicken with gluten free pasta Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Garlic	sweetcorn and peppers Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Sweetcorn, Peppers, Tuna Chunks (Contains Fish), Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper
	Dessert	cake Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate	cake Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate	Ingredients:, Apple, Peach,	cake Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate	Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar,

Allergens Key





















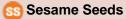












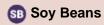
















Lupin





G Gluten





